

**Assessment of Program Practices Tool (APT) – Quality Program Practices by Skill Outcome**

**Self-regulation**

Quality Program Practice	APT Quality Domain
<p><b>Staff treat youth respectfully, and assume best intentions.</b> (Ex: Staff pull youth aside to discuss their behavior in private; hear youth’s point of view.)</p> <p><b>When youth behavior is inappropriate, staff use simple reminders to redirect behavior.</b> Staff are always clam and straightforward. (Ex: Let youth know what is inappropriate and remind them of rules and behavioral expectations.)</p> <p><b>When addressing behavioral issues, staff use time-out, loss of privileges and other consequences sparingly.</b></p>	<p><b>Staff Positively Guide Youth Behavior (3/7 Practices)</b></p>
<p><b>When an individual youth is having a problem or is upset, staff pay attention and try to help him/her.</b> (Ex: When a youth has accidentally broken his/her project and is upset, staff offer comfort; stay and help youth calm down.)</p>	<p><b>Staff Build Relationships &amp; Support Individual Youth (1/6 Practices)</b></p>
<p><b>Youth follow program rules and behavioral expectation.</b></p> <p><b>Youth appear calm and in control of themselves.</b></p>	<p><b>Youth Participation in Activity Time (2/5 Practices)</b></p>

**Survey of After-School Youth Outcomes, Youth Survey (SAYO Y) and/or Youth Experiences Survey (YES)  
– Student Experience Items by Skill Outcome –**

**Self-Regulation**

Student Experience Item	YES Program Experience Domain
<p><b>Please rate whether you have had the following experiences in your program.</b></p> <ol style="list-style-type: none"> <li>1. Learned about controlling my temper.</li> <li>2. Became better at dealing with fear and anxiety.</li> <li>3. Became better at handling stress.</li> <li>4. Learned that my emotions affect how I perform.</li> </ol>	<p><b>Self-Regulation (4/4 Items)</b></p>